

SPORTS

Marine conquers feats of Hercules, earns master title

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STAFF WRITER

Whether he is training for marathons, earning his martial arts brown belt or swimming at the pool everyday, Staff Sgt. Brian P. Fogarty has been pushing himself to the physical limit throughout his Marine Corps career

Fogarty recently discovered another way to challenge his intestinal fortitude, in the form of the Master of Fitness Challenge, a program sponsored by Semper Fit Health Promotions. Although the program has been around since January 2001, no one has successfully completed the challenge since October 2001.

The program promotes physical fitness through six events, or “Feats of Hercules.” Participants must complete any four of the six events in a year’s time in order to obtain the title Master of Fitness.

The events include 30 pull ups, negotiating the obstacle course three times in seven minutes, swimming 1,500 meters in 27 minutes, completing 200 crunches in three minutes, running eight miles in 64 minutes and completing 150 pushups in four minutes.

Aside from attempting to obtain the title, a feat that has not been accomplished in more than two years, what makes Fogarty’s effort truly unique is that instead of simply aiming for the minimum four events, he is going for all six, which has never been accomplished.

“I want to do it just ‘cause it’s out there, for the mere fact that no one has done it



Staff Sgt. Brian P. Fogarty, a participant in the Master of Fitness Challenge, attempts to complete 150 pushups in four minutes Monday, to complete the fourth of six events of the challenge. Fogarty has already completed three events and is aimed at becoming the first Marine in the history of the challenge to complete all six events.

since 2001, and for the satisfaction of knowing I’ve done it,” said Fogarty.

With a two-year lapse in between participants, Bill Brown, athletic director for the fitness center, said he was glad to finally see someone step up to the challenge.

“I would like to see a bigger turnout, but

I’m very glad that after all this time we have someone doing the challenge,” said Brown. “Fogarty is doing the tougher challenge and doing six of six events. He’ll definitely be the very first person to do all six events. He’s got the determination, and I am very confident that he’ll do it.”

So far, Fogarty has completed three of

the six events, the 1,500-meter swim, 200 crunches and eight-mile run.

To prepare himself for the challenge, Fogarty said, “I do a lot of running – I just got done training for a marathon. I also work out at the gym and swim at the pool.”

Fogarty completed the swimming por-

tion of the challenge with a time of 22 minutes, 5 seconds, putting him in second place. Of course, being a Marine Corps Instructor Trainer of Water Survival did not hurt either.

“That obviously helped me, and being in the pool everyday,” said the New Philadelphia, native.

Fogarty, who is an avid runner, also breezed through the run with a time of 52 minutes, 28 seconds, which is the third fastest time ever recorded for the challenge.

“I train for marathons, so the run was nothing,” said the 30-year-old. “However, the purpose of a race is not necessarily to win, but to test the limitations of the heart.”

After completing any four of the six events, participants earn the Master of Fitness title and receive a jacket, as well as have their name embossed on a plaque. However, Fogarty signed up for the challenge for a different reward.

“I’m not doing it for all that,” he said. “The main thing I’m doing it for is ‘cause it’s out there and trying to get other people to do it, to challenge themselves. My biggest goal is to set a positive example for those around me and to keep myself in check.”

With three events left to go, Fogarty is confident that he will nab the title and is looking forward to setting an unprecedented standard.

“After I complete the challenge, I’ll be proud of myself and confident in my abilities for overall fitness,” he said.

To sign up for the challenge, contact Brown at 228-1561.

PI Sting places 3rd at national tourney, stung by nemesis

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The Parris Island Sting, the Tri-Command’s varsity soccer team, placed third in the 7th Annual Blizzard Blast, part of the Bear Foot Sports Soccer Six Tournament Series, at the Austin-Tindale Soccer Complex in Kissimmee, Fla., Saturday - Sunday.

The team is a regular participant in the series, competing in one tournament a month, including a second-place finish in the series championship in

Charleston Aug. 1-3.

The Soccer Six Tournament Series continues year-round and consists of 16 individual tournaments in which amateur adult soccer teams from all over Florida, Georgia, South Carolina and North Carolina gather to compete in six-a-side-style soccer.

In the latest of the 16 tournaments, the Sting competed against 13 other teams in the Men’s Open Division of the Blizzard Blast. The team’s finish was bittersweet for the players, as the same team that eliminated them in the series championship

back in August once again stood in the way of a first-place trophy. BFC, a team from Palm Bay, Fla., defeated the Sting 2-1 in the semi-finals and then went on to win the tournament.

“They were the best team in the tournament, so it’s only fitting they beat us,” said Ben Braudrick, forward for the Sting. “We did well considering we were missing several key players.”

Many drill instructors play on the team, lending to a sporadic attendance at the competitions. In the Blast, none of the DIs were able to attend, leaving a hole in the roster. As a result, one of the

other team members stepped up to fill the void.

“We knew that everybody wasn’t going to be there,” said Braudrick. “Midfielder Mike Leonard was prepared for that and made up for it with his performance. He had an exceptional tournament.”

Leonard scored two goals during the two-day tournament. Braudrick contributed considerably himself to the team’s success, scoring six goals in five

games. In the team’s third round game, as well as in the quarterfinals, Braudrick was the only Sting player to score. The team won both of the games.

Despite efforts from Braudrick and Leonard, the Sting once again met their fate in their nemesis, BFC. Even without a division title, however, all were fairly pleased with the outcome, given the circumstances.

“The competition was stiff and we did better than expected,” said

Braudrick, who has been playing with the team since January 2003.

The players have also been pleased with their success as a whole since playing together. They placed first in a recent tournament in Savannah and are looking forward to the Shamrock Six coming up at Chatham Soccer Complex in Savannah, March 6-7.

For more information about varsity soccer, contact Bill Brown at 228-1561.

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in their absence being evicted from their quarters without sufficient legal protections,” said Lindemann, “or that they are paying on a leased car or apartment that they can’t use, or about civil legal proceedings they can’t attend because of their deployment.”

What Lindemann called “a significant change” in the SCRA is an automatic 90-day stay of civil proceedings upon application by the service member. This applies to all judicial and administrative hearings. In the past, stays were discretionary with the courts.

The SCRA also makes it clear that the six-percent limitation on interest rates for pre-service debts requires a reduction in payments, and that interest in excess of six percent is forgiven, not deferred.

The SCRA also expanded the protection against eviction. Under the SSCRA, service members and their dependents who entered into a lease for \$1,200 or less could not be evicted without a court order. The SCRA increased that maximum lease amount to

\$2,400 and added an annual adjustment for inflation. For 2004, the maximum will be \$2,465. Lindemann said that this would significantly increase the number of service members entitled to this protection.

The SCRA also gives the service member who has received permanent-change-of-station orders or who is being deployed for no fewer than 90 days the right to terminate a housing lease with 30 days written notice. Prior to the SCRA, service members could be required to pay for housing they were unable to occupy.

“Service members may not always realize all the protections they have under the law,” said Lindemann. “If service members have questions about the SCRA or the protections that they may be entitled to, they should contact their unit judge advocate or installation legal assistance officer for further assistance.”

For more information on entitlements under the SCRA, Stephens suggests making an appointment with a legal assistance attorney by calling 228-2559, or walking in Tuesdays 2 - 4 p.m. or Thursdays from 8 – 10 a.m.